

# Diabetes and Hypertension Coaching Program for CRS Pensioners

## What is the Program?

The Diabetes and Hypertension Program provides incentives to CRS pensioners and/or their adult dependents (18 years old or older) who are enrolled in CRS healthcare coverage and who have diabetes and/or hypertension. This program provides counseling from Kroger pharmacists to improve medication use and tools for self-management. **Pensioners who are enrolled in the HRA Program are not eligible to participate in the Diabetes and Hypertension Coaching Program.**

## Participants in the program see the following results:

- Reduced A1C and blood sugar levels
- Decreased blood pressure levels
- Lower LDL, or bad cholesterol levels

## Why is this important to you?

The Program will help you achieve a healthier lifestyle and save money in the short term and also help decrease medical expenses down the road. Both high blood pressure and diabetes are associated with many health problems that may lead to hospital stays or surgeries in the future if the conditions are not appropriately controlled and managed. The pharmacist will work with you and your doctor to help you reach and maintain your health care goals and improve your understanding of the conditions and the medications you are taking.

## Benefits of the Program

- **Free Counseling:** One on one counseling about diabetes and/or high blood pressure is provided at a convenient Kroger Pharmacy. Your specially trained pharmacist will create a personalized education and health improvement plan to help achieve your goals.
- **Free Medications:** All medications used for diabetes and high blood pressure are paid for by the City of Cincinnati, and are provided from any network prescription drug provider, at no cost to you.

\_\_\_\_\_ # meds x \$10/\$20/\$30 co-pay x 12 months = \$ \_\_\_\_\_ drug savings

## Complications related to uncontrolled high blood pressure:

### ■ Heart Attack / Stroke

Over time it becomes hard for blood to reach the heart and brain. Decreased blood and oxygen supply damages vital organs.

### ■ Aneurysm

Constant, increased pressure of blood on artery walls may cause them to rupture, leading to internal bleeding or death.

### ■ Kidney Failure

Pressure can damage blood vessels in the kidneys, making it hard for them to filter waste. This may lead to a buildup of waste and eventually a need for dialysis or transplant.

## Additional complications related to uncontrolled diabetes:

### ■ Amputations

Patients with diabetes often have decreased blood flow and nerve damage in their hands and feet. This results in decreased sensation, making it easy for cuts and sores to go unnoticed. This can lead to infection and possible amputation.

- **Blindness** Diabetes can lead to several eye problems. If blood sugar is uncontrolled and appropriate eye exams are not scheduled, there is an increased risk of blindness.



**For more information  
call Kroger at 1-888-242-5841**